

Eat to Live Well

Recipes for a Healthy Life!



Stuffed Bell Peppers

Ingredients:

4 large green bell peppers

1 cup brown rice, cooked

1 pound 93% lean ground turkey

2 garlic cloves

1/2 cup chopped onion

1 (15oz) can diced tomatoes (try with Italian seasoning)

~1 cup tomato sauce– enough to cover the bottom of the baking dish

2 Tbsp canola oil

Salt & pepper to taste

Shredded mozzarella cheese, if desired

Directions:

Preheat oven to 400 degrees. Cut bell peppers in half lengthwise, & discard seeds and membranes. Place in a casserole dish, and cover the bottom of the dish with the tomato sauce. In a pan, add canola oil and sauté the onions until translucent (about 5-7 mins). Add minced garlic and cook for 2 minutes. Then add ground turkey and cook until brown. In a large bowl, combine the cooked turkey, brown rice, and diced tomatoes. Add salt and pepper to taste. Scoop mixture into each bell pepper half. Bake, covered, for 30 minutes. If desired, uncover, and sprinkle mozzarella cheese on top and bake additional 5 minutes.

Submitted by employee

Nutrition Facts: per 1 pepper– 371 calories, 16g fat, 3g saturated fat, 455mg sodium, 33g carbohydrate, 7g fiber, 27g protein

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